

# City of Arlington Employee Health Fair

## Employees, Retirees, and Spouses are Invited!



**Thursday, October 10, 2013**

**8 am - 12 pm**

**Arlington Convention Center  
1200 Ballpark Way  
Grand Hall**

### Free Health Screenings:

- ◆ Body Fat/BMI
- ◆ Blood Pressure
- ◆ Cholesterol
- ◆ Vision

And so much more!

### Must Pre-Register for:

- ◆ [Blood Drive](#): 8 am - 1 pm
- ◆ [Cardiovascular Screen](#)  
(employees only): 8 am - 4 pm

To Register click on corresponding event

### Earn Wellness Points (Employees Only)

**50 Points for**  
Health Fair Attendance  
**25 points for**  
Blood Drive Donation  
**25 points for**  
Flu Vaccination

**Over 80 Vendors participating!**  
**Look for drawings at vendor tables**

### Special Guests:

- ◆ Dr. Health E. Hound: 10 am -11 am
- ◆ Buddy Blue: 11 am -12 pm

### Demos (15 min.)

- ◆ Beachbody Kickbox: 10:00 am
- ◆ Hula Hoop: 10:30 am
- ◆ Zumba: 11:00 am
- ◆ Strength Training: 11:30 am



### Free Flu Shots 8 am - 2 pm

- ◆ Full-time/part-time employees with current city ID.
- ◆ Retirees, Spouses and Dependents over age of 18 - Must be enrolled in the City's medical plan. Bring insurance card and a picture ID to receive a free flu shot.
- ◆ **Otherwise** - \$17.00 per shot.  
Payment: Exact Cash Only